PRO-FORM
E-Motion²

USER'S MANUAL

Model No. PFICVU49608.0
Serial No. _____

Serial Number decal

QUESTIONS ?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call: :

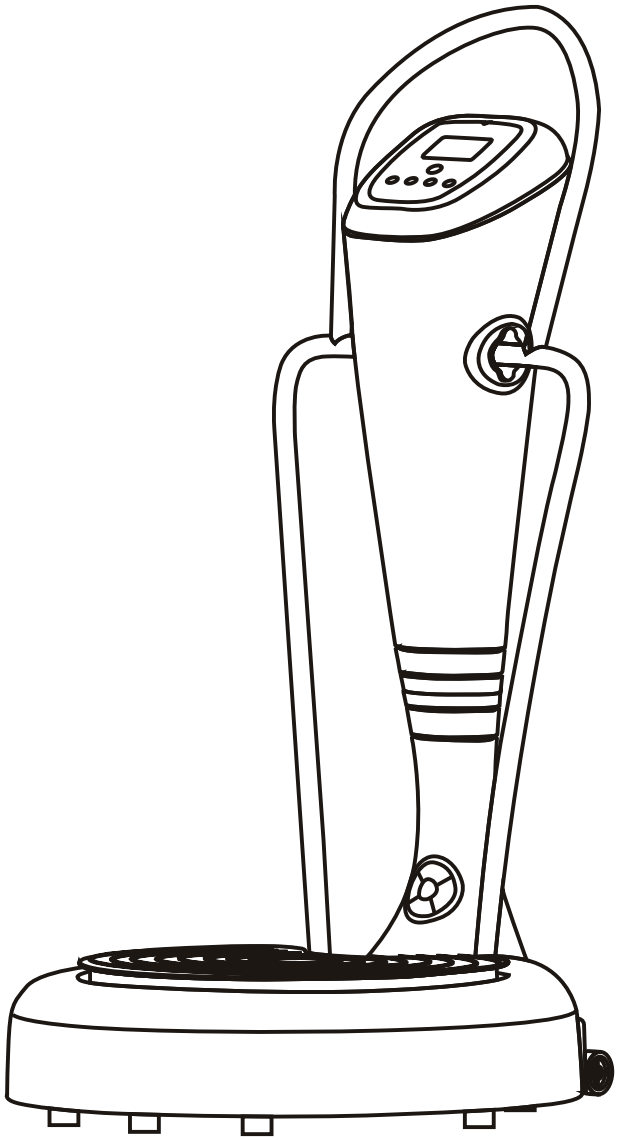
08457 089 009

or write to :

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK
or
email: csuk@iconeurope.com

⚠ WARNING

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Please visit our website for more information on the products

www.iconsupport.eu

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IMPORTANT PRECAUTIONS

WARNING:

TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS AND INFORMATION BEFORE OPERATING THE VIBRATION PLATFORM.

1. It is the responsibility of the owner to ensure that all users of the vibration platform are adequately informed of all warnings and precautions.

2. Operate the vibration platform only as described in this manual.

3. Do not operate the vibration platform until it is properly assembled.

4. Keep the vibration platform indoors, away from moisture and dust. Do not place the vibration platform in a garage or covered patio, or near water.

5. Place the vibration platform on a level surface. To protect the floor or carpet from damage, place a mat beneath the vibration platform.

6. Regularly inspect and tighten all parts of the vibration platform.

7. Keep children under the age of 12 and pets away from the vibration platform at all times.

8. The vibration platform should not be used by persons weighing more than 115 kg.

9. Never allow more than one person on the vibration platform at a time.

10. Always wear appropriate exercise clothes and athletic shoes when operating the vibration platform. Do not wear loose clothes that could become caught on the vibration platform.

11. Keep your back straight when using the vibration platform; do not arch your back. When standing on the vibration platform, bend your knees slightly and balance your weight on the balls of your feet.

12. If you feel pain or dizziness while exercising, stop immediately and cool down.

13. The following is a list of factors and conditions that may make exercising on the vibration platform inadvisable (this list is not exhaustive; it is intended only for reference). If one or more factors or conditions apply to you, consult your physician before using the vibration platform.

- Knee or hip implant
- Pacemaker
- Recently placed screws, pins, bolts, or spirals
- Acute hernia, discopathy, or spondylitis
- Serious heart or vascular disease
- Acute thrombosis
- Tumor
- Serious migraine
- Epilepsy
- Serious diabetes
- Recent wound due to operation
- Fresh inflammation
- Pregnancy

14. It is recommended that you use the vibration platform no more than 15 minutes per day and no more than 3 times per week.

15. Be careful when stepping down from the vibration platform; your muscles will feel different after you exercise on the vibration platform.

16. When connecting the power cord, No other appliance should be on the same circuit as the vibration platform.

17. Do not modify the power cord or use an adapter to connect the power cord to an unsuitable socket. Keep the power cord away from heated surfaces. Do not use an extension cord.

18. Never leave the vibration platform unattended while it is running.

19. Never insert or drop any object into any opening on the vibration platform.

20. DANGER: Always unplug the power cord before cleaning the vibration platform and before performing the maintenance and adjustment procedures described in this manual. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

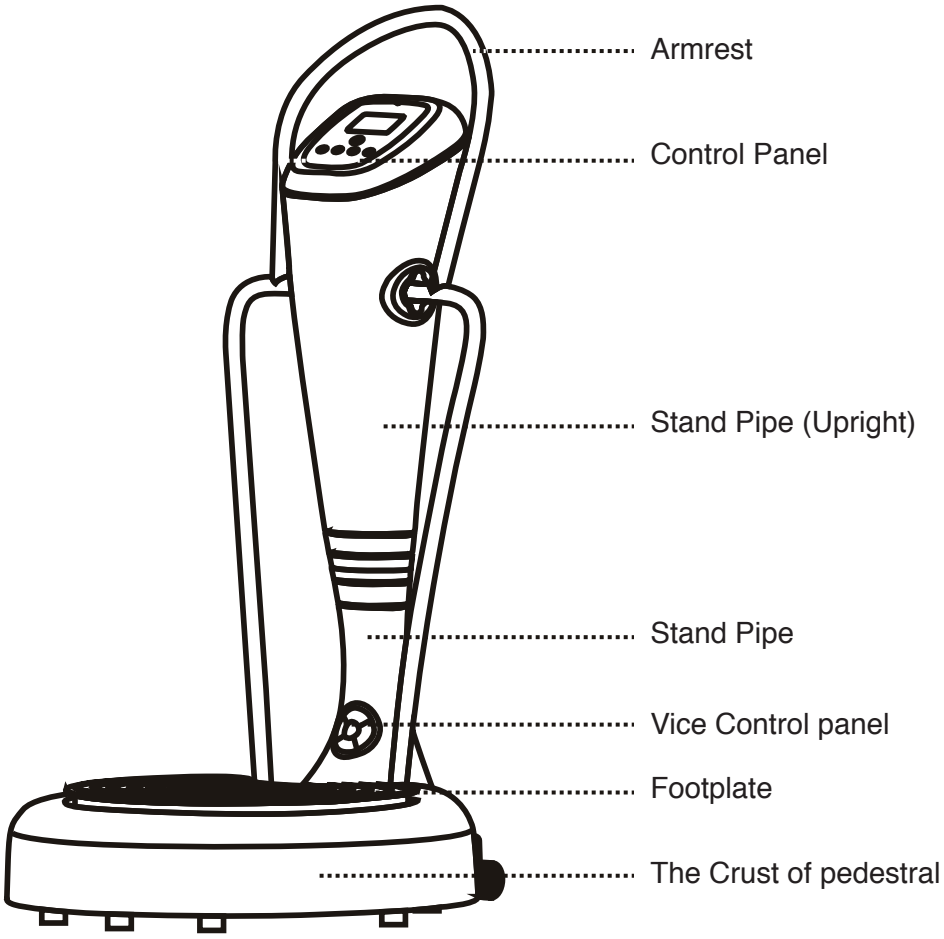
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Icon Health & Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Congratulations for selecting the revolutionary PROFORM® EMOTION2 vibration platform. The vibration platform offers whole body vibration options that will make your workouts effective and enjoyable.

For your benefit, read this manual carefully before using the PROFORM® EMOTION2 vibration platform. If you have questions after reading this manual, please see HOW TO CONTACT CUSTOMER CARE on back cover. To help us assist you, note your product model number and serial number before contacting us. The model number and serial number can be found on a decal attached to the vibration platform (see the front cover of this manual for the location of the decal).



ASSEMBLY

Make Assembly Easier

This manual is designed to ensure that the vibration platform can be assembled successfully by almost anyone. Most people find that if they set aside plenty of time, assembly goes smoothly.

Before beginning assembly, carefully read the following information and instructions:

• Assembly requires two persons.

• Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

• For help identifying small parts, see the PART IDENTIFICATION CHART on page 6.

• Tighten all parts as you assemble them.

• Assembly may require the following tools (not included):

one adjustable wrench

one rubber mallet

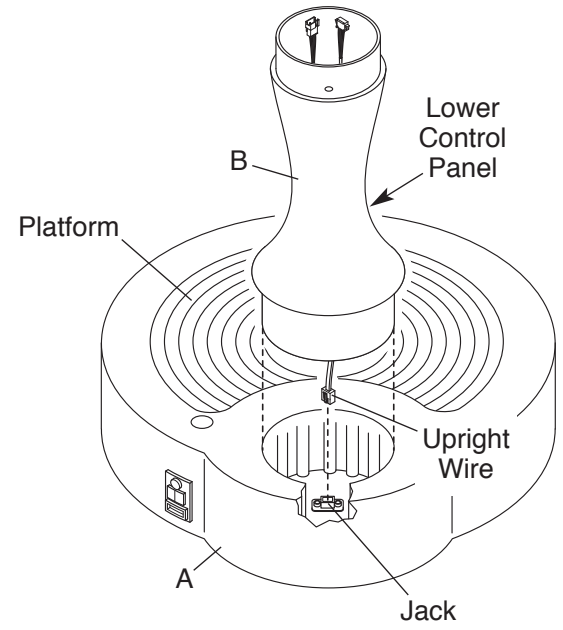
one Phillips screwdriver

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

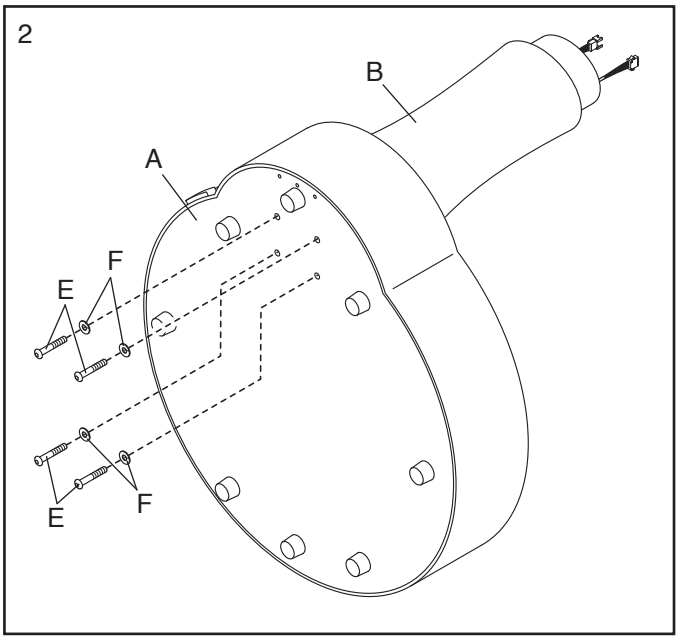
1. Orient the Lower Upright (B) so that the lower control panel is facing the platform. While a second person holds the Lower Upright near the Base (A), insert the upright wire into the indicated jack in the Base.

Next, insert the Lower Upright (B) into the Base (A).

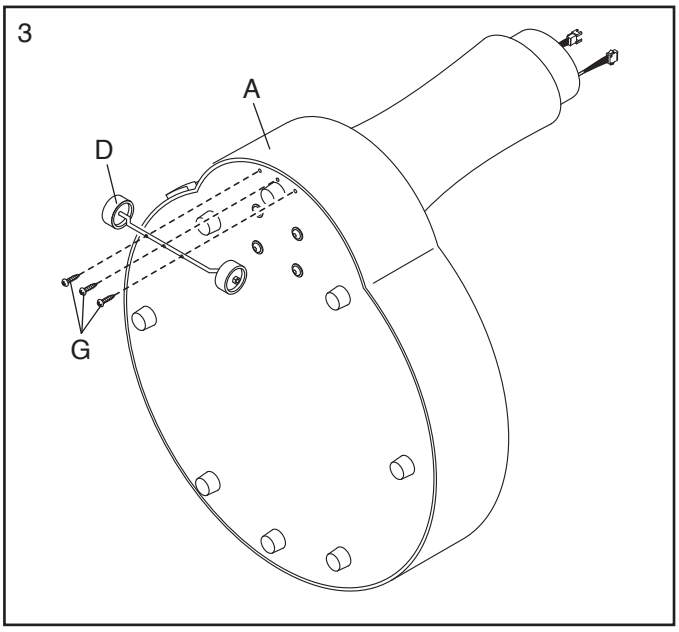
1



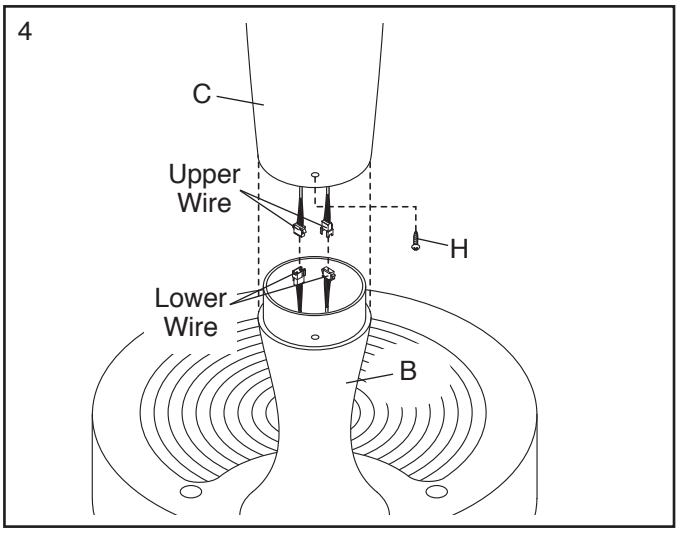
2. Attach the Lower Upright (B) to the Base (A) with four M8 x 48mm Screws (E) and four M8 Split Washers (F).



3. Orient the Wheel Assembly (D) as shown. Then, attach the Wheel Assembly to the Base (A) with three M5 x 14mm Screws (G).

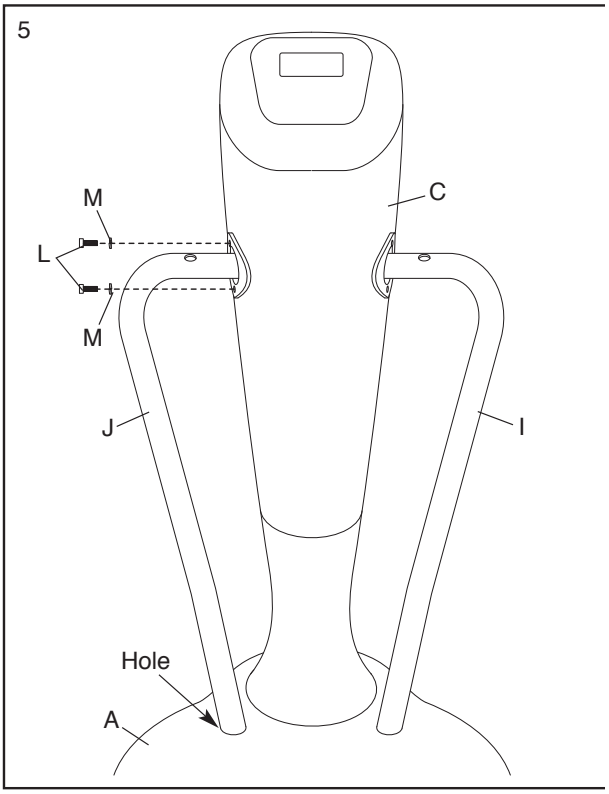


4. While a second person holds the Upper Upright (C) near the Lower Upright (B), connect the upper wires to the lower wires. Then, attach the Upper Upright to the



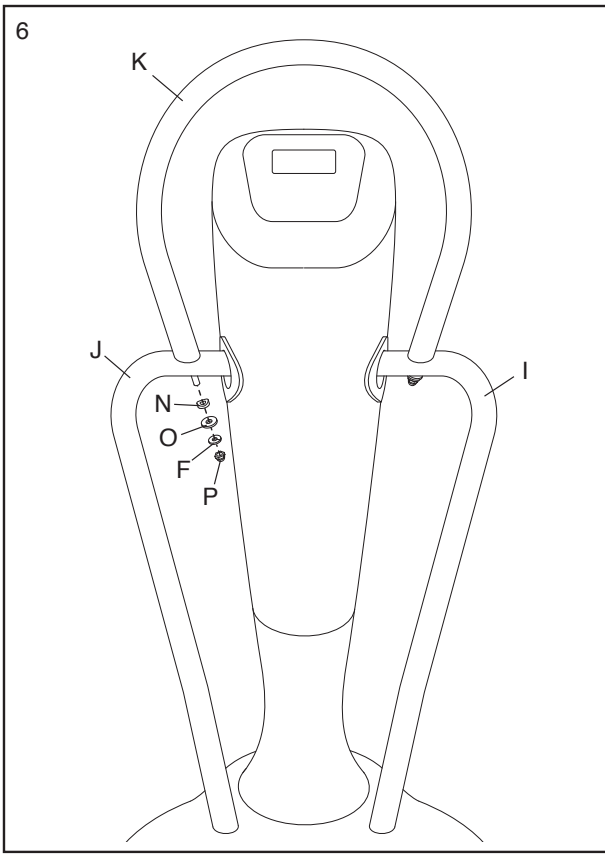
5. Insert the Left Upright Handle (J) into the indicated hole in the Base (A). Attach the Left Upright Handle to the Upper Upright (C) with two M6 x 20mm Screws (L) and two M6 Split Washers (M).

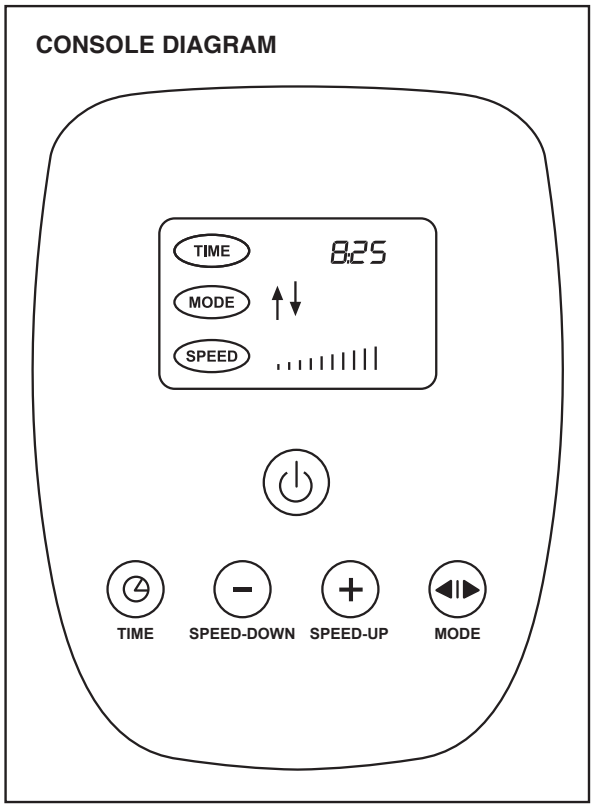
Attach the Right Upright Handle (I) in the same way.



6. Attach the Upper Handle (K) to the Right and Left Upright Handles (I, J) with two Plastic Washers (N), two M8 Washers (O), two M8 Split Washers (F), and two M8 Acorn Nuts (P).

Make sure that all parts of the vibration platform are properly tightened.



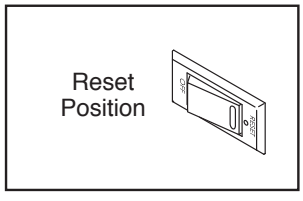


CONSOLE FEATURES

The console offers a selection of features designed to make your workouts more effective and enjoyable. For example, you can change the time and frequency of your vibration sessions with the touch of a button. The console also offers three workouts. Each workout automatically changes the vibration time and frequency while you perform a series of exercises designed to target the muscles of specific areas of the body. In addition, the vibration platform offers a convenient lower control panel so that you can easily change the settings while you perform exercises in a lower position.

HOW TO TURN ON THE POWER

IMPORTANT: If the vibration platform has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console or other electronic components.



Plug the power cord into the receptacle on the base of the vibration platform. Then, plug the power cord into a 120-volt outlet. Next, locate the reset/off circuit breaker on the vibration platform near the power cord. Make sure that the circuit breaker is in the reset position.

EXERCISE FORM

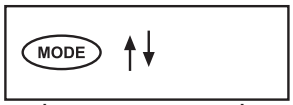
See the EXERCISE GUIDE beginning on page 16 to learn the correct form for several exercises that can be performed on the vibration platform. While standing on the vibration platform, bend your knees slightly and balance your weight on the balls of your feet.

HOW TO USE THE MANUAL MODE

1. Turn on the power.

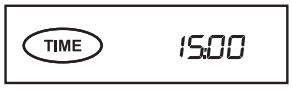
See HOW TO TURN ON THE POWER on page 12.

2. Select the manual workout.



Each time the console is turned on,the manual mode will be selected automatically. If you have already selected a workout, return to the manual mode by pressing the MODE button repeatedly until the display appears as shown above.

3. Select the desired vibration time.

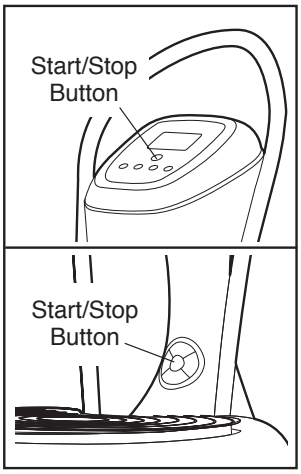


Press the TIME button repeatedly to select a vibration time from 1 minute through 15 minutes. The display will sho which length of time you have selected.

4. Select the desired vibration frequency.

Press the SPEEDUP or the SPEEDDOWN button to select the desired vibration frequency (speed). The display will show which vibration frequency yo have selected.

5. Start a vibration session.



Press the start/stop button on the consoleor the start/stop button on the lower control panel to start a vibration session.

6. Stop or pause a vibration session.

Press the start/stop button on the console or the start/stop button on the lower control panel to stop or pause a vibration session. Press the start/stop button to continue the vibration session.

7. Start additional vibration sessions as desired.

Repeat steps 2–5 for as many additional vibration sessions as desired. IMPORTANT: It is recommended that you use the vibration platform for no more than 15 minutes per day and no more than 3 times per week.

8. When you are finished, switch the reset/off circuit breaker to the “off” position and unplug the power cord.

HOW TO USE A WORKOUT MODE

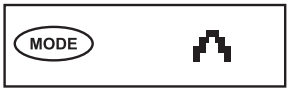
1. Turn on the power.

See HOW TO TURN ON THE POWER on page 12.

2. Select a preset workout.

To select a preset workout, press the MODE button repeatedly until the desired workout is selected. All three workout modes are automatically set to run for 15 minutes.

When this mode is selected, the vibration platform will start at the lowest vibration frequency and will gradually increase the frequency until it reaches the maximum frequency. Next, it will gradually decrease the frequency until it reaches the lowest frequency. Then, it will repeat this sequence.



When this mode is selected, the vibration platform will start at the second vibration frequency and will increase the frequency by two frequencies until it reaches the highest frequency. Then, it will decrease the frequency by two frequencies until it reaches the second frequency.

When this mode is selected, the vibration platform will begin at the lowest vibration frequency and will increase the frequency to the highest frequency. Then, it will alternate between the highest frequency and the lowest frequency.

3. Start a vibration session.

See step 5 on page 13.

4. Stop or pause a vibration session.

See step 6 on page 13.

5. When you are finished, switch the reset/off circuit breaker to the "off" position and unplug the power cord.

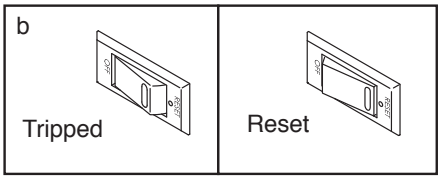
TROUBLESHOOTING

Inspect all parts of the vibration platform regularly. Replace any worn parts immediately. Outer surfaces of the vibration platform can be cleaned with a damp cloth and a mild, non-abrasive detergent; do not use solvents to clean the vibration platform.

Most vibration platform problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the telephone number on the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION:
a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. IMPORTANT: The vibration platform is not compatible with GFCI-equipped outlets.
b. Check the reset/off circuit breaker located on the vibration platform base near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION:
a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
c. If the vibration platform still will not run, please see the front cover of this manual.

EXERCISE GUIDE

Single Leg Squat

Calf Raise

Squat

Step Up / Step Down

Crunch Sit

Crunch with Twist

Leg Lift

Scissor Kicks

Calf Stretch

Hamstring Stretch

Groin Stretch

Shoulder Stretch

Calf Massage

Hamstring Massage

Quad Massage

I T band Massage

Bent Knee Press Up

Press Up

Tricep Dips

Bicep Curl

Front Raise

Lateral Side Raise

EXERCISE DETAILS

CALF RAISE

※ Posture: place the feet in the middle of the plate and lift the heels. Knees slighty bent, the back is straight and the position is maintained while looking straight ahead. Tense abdomen.

※ Affected area: tibialis and calves.

SQUAT (HORSEBACK RIDING POSITION)

※ Posture: place feet in the middle of the plate, shoulder width apart. The knees bend approximately 80 degree (the user should be able to see the toes and part of the feet). Back straight, maintain balance. Keep weight mostly on forefoot.

※ Affected area: quadriceps, tibialis, and calves.

SINGLE LEG SQUAT

※ Posture: step on the plate with the main foot. Place other foot along side the Vibration machine next to it. One leg is held up as shown in the diagram (90 degree or more). Hold the handle bar to maintain a straight chest and back. Maintain balance, chin slightly tilted upward.

※ Affected area: quadriceps.

BICEPS CURL

※ Posture: step on the plate, hold the rope and maintain the tension of the arms. Bend the knees and the hip slightly. Maintain the back straight and the head is tilted upward.

※ Affected area: trapezius, biceps, forearms, quadriceps, and tibialis

LATERAL SIDE RAISE

※ Posture: hold the rope, and lift the arms slightly. The knees are bent 20~30 degree. Tension is placed on the hip and the abdomen.

※ Affected area: trapezius, deltoids, tibialis, and calves.

PRESS UP

※ Posture: place hands in the middle of the plate at shoulder width. Keep legs and knees straight. Bend elbows about 90 degree, and retract to the starting postion.

※ Affected area: deltoid, pectorals, forearms, and triceps.

TRICEP DIPS

※ Posture: place hands in the middle of the plate at shoulder width apart. The fingers point away from the user. Hold the feet near the machine, lift the heels, sustain the body with only the feet and the arms.

※ Affected area: trapezius, deltoids, forearms, triceps and pectorals.

EXERCISE DETAILS

CRUNCH SIT
※ Posture: place a small mat or towel on the plate and sit on the plate. Lift the legs (together and slightly bent), move upper body toward the knees as they come up (you could put feet on step at hip width).
※ Affected area: abdominal.

PELVIS STABILIZATION
※ Posture: place a mat on the floor. Place the toes on the plate, and keep feet together. Hold the body in a straight position.
※ Affected area: abdominals.

ABDOMINAL BEND
※ Posture: Sit on the plate, both hands backward and hold the plate to maintain body balance. Legs bend up about 45degree angle.
※ Affected area: abdominal.

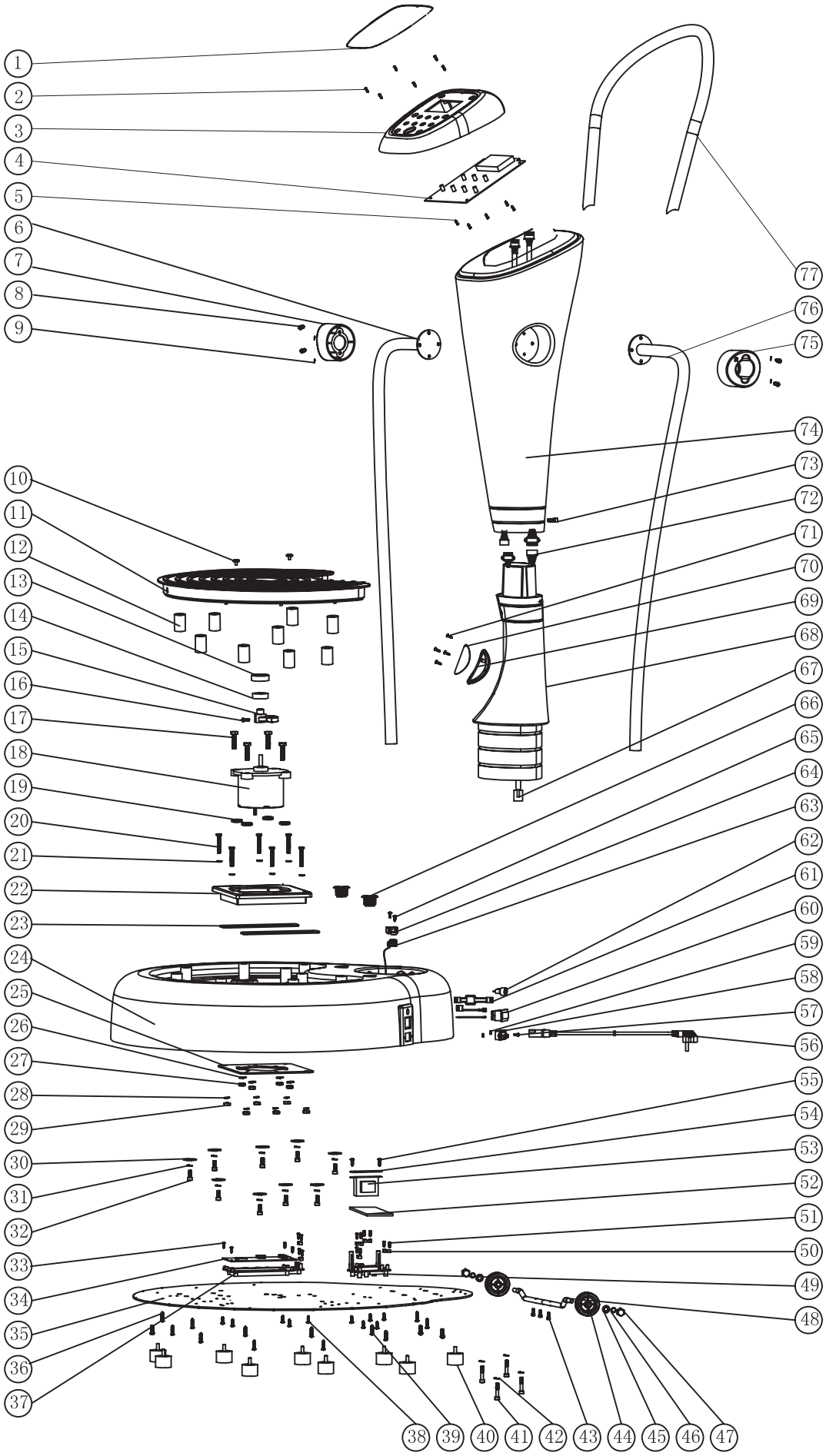
HIP MASSAGE
※ Posture: Face to the machine. Put a mat or towel on the plate, sit on it and place each leg on either side of the machine. Hold the handlebar. Keep the back straight.
※ Affected area: Gluteus Maximus

SHOULDER PRESS
※ Place both hands on the middle of the plate, shoulder width apart, with the fingers pointing away from the user. The feet are held near the machine, sustaining the body with only the feet and the arms.
※ Affected area: Pectoralis Major.

SIDE LUNGE
※ Posture: keep the back straight and pressure is Place one foot on the middle of the plate, hold the handlebar and bend the knees approximately 60-90degrees. Maintain the back straight. Balance is maintained in this position, chin slightly titled upward.
※ Affected area: quadriceps.

FRONT RAISE
※ Posture: Place one foot on the middle of the plate, hold the handlebar and bend the knees slightly. Maintain the back straight. Balance is maintained in this position, chin slightly titled upward.
※ Affected area: Lateral Deltoid

EXPLODED DIAGRAM Model N° PFICVU49608.0

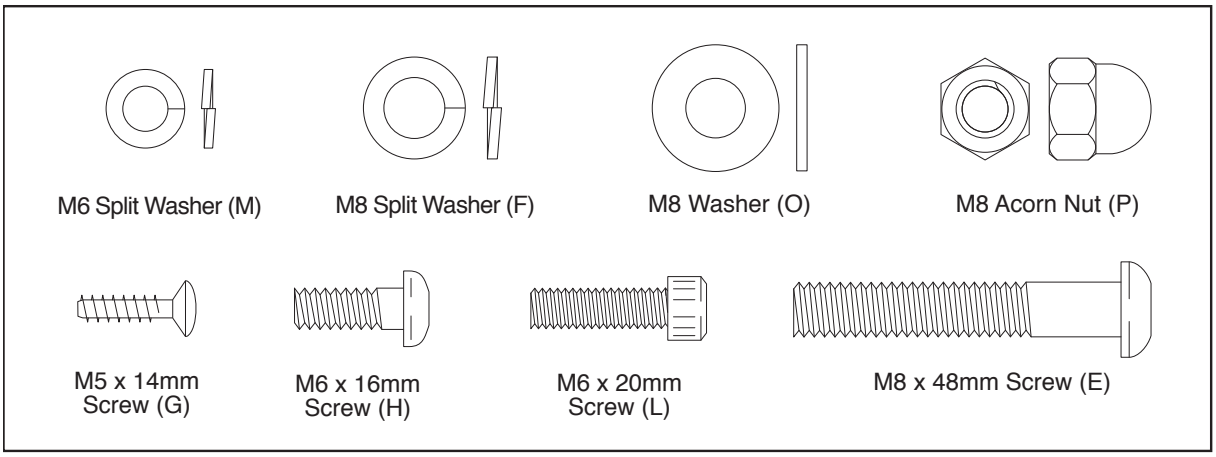


PART LIST MODEL N° PFICVU49608.0

Part#	DESCRIPTION	QTY	Part#	DESCRIPTION	QTY
1	main control panel (sticker)	1	40	rubber foot	9
2	cross half head self-insert screw	6	41	Hexagon nut	4
3	up part of control panel	1	42	spring gasket	4
4	main control PC board	1	43	cross big head self-insert screw	3
5	cross big head self-insert	4	44	wheel	1
6	left handle	1	45	floor gasket	2
7	conver of left handle	1	46	spring gasket	2
8	in-turret round head screw	4	47	nut	2
9	floor gasket	4	48	axes of wheel	1
10	round plug	2	49	surpporter of transformer	1
11	vibrating board	1	50	line keeper	1
12	rubber collum	9	51	cross big head self-insert screw	12
13	cover of axe	1	52	EVA gasket for tranformer	1
14	axe (6202)	1	53	tranformer	1
15	Eccentric part	1	54	firmer for transformer	1
16	cross big head self-insert screw	1	55	cross big head self-insert screw	12
17	Hexagon bolt	4	56	wire	1
18	motor	1	57	cross big head self-insert screw	2
19	round rubber gasket of motor	4	58	power connection	1
20	Hexagon bolt	4	59	Hexagon nut	2
21	round gasket		60	switch	1
22	gasket block of motor	1	61	power parts	1
23	pvc in-quake gasket	1	62	fuse	1
24	base	1	63	short line	1
25	big gasket	1	64	line fitter	1
26	spring gasket		65	cross big head self-insert screw	2
27	Hexagon nut	4	66	cover of handle	1
28	spring gasket	6	67	long line group	1
29	Hexagon nut	6	68	below part of tube	1
30	gasket	8	69	below part of control panel	1
31	spring gasket	9	70	below part of control sticker	1
32	cross head screw	9	71	cross head self-insert screw	4
33	cross big head self-insert screw	4	72	tranform line group	1
34	PC board for power	1	73	screw	1
35	iron base cover	1	74	above part of tube	1
36	cross big head self-insert screw	4	75	cover of right handle	1
37	surpporter of pcboard	1	76	right handle	1
38	cross big head self-insert screw	11	77	above handle	1
39	tailor-made screw	3			

PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**


M6 Split Washer (M)
M8 Split Washer (F)
M8 Washer (O)
M8 Acorn Nut (P)
M5 x 14mm Screw (G)
M6 x 16mm Screw (H)
M6 x 20mm Screw (L)
M8 x 48mm Screw (E)

ORDERING REPLACEMENT PARTS

To order replacements parts, please see the front cover of this manual for contact information. To help us assist you, be prepared to provide the following information when calling :

- Model number of the product (PFICVU49608.0)
- The Key number and description of the product of the desired parts (see the part list)
- The proof of purchase

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